



Grow Well, Live Well

Palmerston working together for the wellbeing of
children and young people

‘The purpose of this project will be to facilitate community led action, decision making and activities to improve the wellbeing of children and young people in Palmerston.’



Grow Well, Live Well Leadership Group Update

DATA SOIREE

Attention Community Members

You told us what you think about
living in Palmerston.

Come and hear the results and
tell us if we got it right!

Tell us what you want to go into
the Palmerston ‘State of the Children
Report.

When: 5pm Thursday 23 June

Where: Palmerston Library
Community Room

(drinks and nibbles provided)

UPDATE

What are we up to?

- Community Consultations for our ‘State of the Children’ report are almost concluded. Thank you to the many community members and groups who generously shared their views with Jeneah.
- We have engaged a consultant to begin the work of finalising the indicators we will use to tell the story of Palmerston’s children and young people.
- We aim to have the report finalised by August.



Welcome to Issue 5 of the Grow Well Live Well Bulletin

In April Palmerston Grow Well Live Well held a community breakfast at Rydges Hotel in Palmerston. Almost 60 guests from all levels of government, the community sector and Palmerston residents attended including the Mayor of Palmerston Ian Abbott and a number of aldermen, local member Nathan Barrett, Leader of the Opposition Michael Gunner and ALP candidate for Drysdale Eva Lawler as well as service providers from Catholiccare, YMCA, DAIWS, Larrakia Nation and Anglicare.

The audience heard about GWLW and how the Collective Impact model can help us all to work in a more coordinated way to improve the lives of children and young people in the Palmerston community.

A number of Palmerston community members shared with the audience what they liked about living in Palmerston and what needs to be improved.

‘I really love living in Palmerston and I’m happy to be raising my kids here but I would love to see extra services available to our teenagers to help them through their teenage years.’

‘My choice to raise my 2 kids here was an easy one, I have grown up here my kids attend the same school I did, being a teenager here and now being a young mum has made life easy with familiar faces and places.’

‘I would like to have a homework centre in our community or school. This will help parents and children to read and get help with homework then have a fun activity like sports or free time after doing homework to get the kids to come every day.’

Those who attended the breakfast were also asked to give their views on Palmerston with each table focusing on a different aspect such as education, health or safety. (see photos from the breakfast next page)

Please do not hesitate to contact us if you would like more information via grow_well_live_well@outlook.com.



AEDC in Palmerston

The Australian Early Development Census (AEDC) is a national census of early childhood development based on data collected about children in their first year of full-time school. The AEDC measures child development across five key domains: physical health and wellbeing, social competence, emotional maturity, language and cognitive skills, and communication and general knowledge. In 2015 the third national cycle of AEDC data was collected with data being released publicly in March 2016.

The AEDC data for Palmerston shows that between 2012 and 2015 there have been both increases and decreases in the percentage of children developing well by the time they start school, and the percentage of children considered vulnerable at school entry. To view the AEDC Palmerston Community Profile visit the AEDC website.

The AEDC can help strengthen links between schools, preschools, playgroups, local government agencies, health centres, libraries and other local organisations and encourage them to explore new ways of working together.

“Are you interested in
being involved or
learning more?”

Contact Us



Values:

Respect -- Transparency -- Passion -- Commitment -- Pride -- Diversity -- Innovation

Grow Well, Live Well

Palmerston working together for the wellbeing of
children and young people

NEW ONLINE RESOURCE

For parents of teenagers

ReachOut has launched a free online service, **ReachOut Parents**, providing tips for parents of young people aged 12-18 years on how to improve communication with their teenagers on issues such as bullying, sex and assertiveness. It also provides a peer-to-peer forum for parents to share their experiences.

Grow Well, Live Well Community Breakfast



Leadership Team



Community members



Community feedback



DID YOU KNOW?

Palmerston recorded the largest growth in 2013/2014, increasing by 1,700 people to reach over 33,900

[Click here](#) for Palmerston's full ABS demographic profile.

The Australian Bureau of Statistics predicts Palmerston's population will reach between 36,600 and 42,000 people by 2021. [Click here](#) for more information.

Source: ABS Quick stats for Palmerston

The Northern Territory Government has released its Early Years Strategic Plan - ['Great Start Great Future'](#).



QUICK LINKS

- [Living Cities](#) works with cross-sector leaders in cities to build a new type of urban practice aimed at dramatically improving the economic well-being of low-income people.
- [NTCOSS Conference](#)
- [Collective Impact](#)

HEALTHY MEN STRONG FAMILIES

Men's Health Week

JUNE 13-19 2016

'LIVING WITH PURPOSE, BUILDING ON HEALTH'

Events scheduled for Men's Health Week:

- **Men's Health Expo**
Rain Tree Park
Wednesday 15 June
10:00am to 2:00 pm
- **Fathers & Kids Flicks**
Free screening of 'Happy Feet'
Goyder Square Palmerston
Thursday 16 June
7:00pm to 8:30pm
- **Mitchell Centre Walking Group**
Meet at Mitchell Centre
Information Desk
Friday 7:30am to 8:30am
Contact: Gay 8927 6400



For more information visit
www.nt.gov.au/health



"Are you interested in
being involved or learning
more?"

[Contact Us](#)



MEMBERSHIP

[Australian Red Cross](#); [Child Australia](#); [City of Palmerston](#); [Danila Dilba](#); [Department of Social Services](#); [Early Childhood Australia](#); [FAST NT](#); [Good Beginnings Australia](#); [Kidsafe NT](#); [KidsMatter](#); [Menzies School of Health Research](#); [NAPCAN](#); [NT Government Department of Education](#); [Office of the Children's Commissioner NT](#); [Relationships Australia](#); [Save the Children](#); [The Smith Family](#)

Values:

Respect -- Transparency -- Passion -- Commitment -- Pride -- Diversity -- Innovation